

Dover Indoor Pool Schedule June 12th- August 19th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9:30-10:30am HydroFitness</p> <p>10:30 - 11:30 am Therapy Swim (water walking only)</p>	<p>8:00 - 9:30 am Swim Lessons</p> <p>9:30 - 10:30 am Therapy Swim (water walking only)</p> <p>10:30 - 12:00 pm Lap Swim</p>	<p>6:45 - 8:00 am Lap Swim</p> <p>8:00 - 9:30 am Swim Lessons</p> <p>9:30 - 10:30am HydroFitness (Dive Well)</p> <p>10:30 - 11:30 am Therapy Swim (water walking only)</p> <p>11:30 - 12:30 pm Lap Swim</p>	<p>6:45 - 8:00 am Lap Swim</p> <p>8:00 - 9:30 am Swim Lessons</p> <p>9:30 - 10:30 am Therapy Swim (water walking only)</p> <p>10:30 - 12:00 pm Lap Swim</p>	<p>8:00 - 9:30 am Swim Team Prep Diving Lessons</p> <p>9:30-10:30am HydroFitness</p> <p>10:30 - 11:30 am Therapy Swim (water walking only)</p>	<p>CLOSED Please see Jenny Thompson Outdoor pool schedule</p> <p>CLOSED FOR MAINTENANCE AUGUST 20-SEPTEMBER 4 See Jenny Thompson pool schedule</p>	<p>CLOSED Please see Jenny Thompson Outdoor pool schedule</p>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Rec Swim Rules

- 1) Children under 45" require a parent in the water
- 2) No Swimming in the well
- 3) Diving board use is allowed
- 4) No equipment except lifejackets
- 5) Kids with lifevests must have a parent in arms reach at all times
- 6) No goggles that cover the nose
- 7) Parents cannot be in the well to catch children off the divingboard
- 8) No child with a lifevest of any kind may use the divingboard
- 9) Kids under 3 required to wear swim diaper. Can be purchased for \$2 each

NOTE: This schedule is subject to change without notice.

Membership Fees

- 1) Excludes Hydrofitness
- 2) Excludes Masters
- 3) Good for 1 year from date of purchase

Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
Adult	\$5.00	\$50.00	\$170.00	\$100.00
Senior	\$3.00	\$30.00	\$80.00	\$45.00
Youth	\$3.00	\$30.00	\$80.00	\$45.00
Non-Resident	Daily	Punch Ticket (12)	* Yearly Indoor	6 Month Indoor
Adult	\$7.00	\$70.00	\$330.00	\$190.00
Senior	\$4.00	\$40.00	\$160.00	\$90.00
Youth	\$4.00	\$40.00	\$160.00	\$90.00